

## Noodles with Lime Peanut Sauce

3/4 pound whole-wheat spaghetti  
2 cups broccoli, cut in bite-sized pieces  
2 cups sugar snap peas, trimmed  
1 red bell pepper, thinly sliced  
1/2 cup creamy peanut butter  
1/4 cup low-sodium soy sauce  
1/4 cup water  
2 tablespoons rice vinegar  
2 tablespoons lime juice  
1 green onion, cut into pieces  
3/4 inch fresh ginger, finely grated  
2 tablespoons brown sugar  
red pepper flakes, *optional, to taste*  
(original recipe called for 1/4 tsp)  
1/2 cup shelled unsalted peanuts

Cook the pasta in a large pot of water according to the directions on the package. While the pasta is cooking, cook the vegetables (steam or stir fry in 1 Tbsp oil).

Toast the peanuts in a dry pan over a medium heat until they become fragrant, about 3 minutes. Set them aside to cool. Make the sauce by pureeing the peanut butter, soy sauce, water, vinegar, lime juice, scallion, ginger, sugar and red pepper flakes in a food processor or blender until smooth.

Right before serving, toss the pasta with 3/4 cup of the peanut sauce. Add the vegetables and then the remaining sauce. Coarsely chop the peanuts, sprinkle them on top and serve.

*Adapted from Ellie Kreiger foodnetwork.com*

### Picnic In the Park

You and your family are invited to our annual World Breastfeeding Week Picnic in the Park. Our picnic will be held at Kate Curley Park (located on the corner of Higbee Ave and 10th Street)



on Friday August 3 from 11 am—1 pm.

Come join us for food, games, prizes and booths from a variety of local vendors. We will have educational displays and breastfeeding experts on hand.

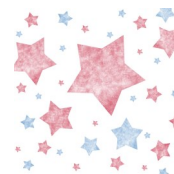
This free event is sponsored by the WIC program, Eastern Idaho Public Health District and the B.E.S.T. for Moms & Babies Council.

### Please Note

We have been encouraged by our state WIC office to provide clients with 3 months of checks when possible. Sometimes this will mean that you or someone in your family will have checks beyond the date of your next appointment. Please keep this appointment time or call to reschedule if you are unable to make it. At your appointment, you will be given additional checks.

### Office Closures

July 4—Fourth of July/Independence Day



**WIC**  
*Newsletter*

## July/August 2012



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# Benefits of Breastfeeding

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Human milk is uniquely suited for the human infant. It is easy to digest and contains more than 200 components that babies need in the early months of life.

- Breastfeeding reduces the incidence and lessens the severity of a large number of infections including pneumonia and meningitis in infants.
- Breastfeeding protects infants against a variety of illnesses such as diarrhea and infant botulism.
- Breastfed babies have less chance of allergies, asthma and eczema.
- Evidence suggests that exclusive breastfeeding for at least two months protects susceptible children from Type 1 insulin dependent diabetes
- Breastfeeding may reduce the risk of bowel disease, multiple sclerosis, rheumatoid arthritis and childhood cancers.
- Breastfeeding reduces the risk of ear infections.
- Children who have been breastfed have less risk of becoming overweight or obese, even as adults.
- Research has shown that children who had been breastfed had higher IQs.

California WIC  
adapted 2009



## Breastfeeding Peer Counseling Program

Eastern Idaho Public Health Department WIC has a Breastfeeding Peer Counseling Program to assist in breastfeeding promotion and support. The peer counselor program is offered free of charge to WIC clients.

Our peer counselors are WIC mothers who live in the community and have breastfed their own babies. They have been selected by WIC to help give new mothers information about feeding their babies. They are here to give you support to meet your goals for feeding your baby.

A WIC peer counselor can give you:

- Tips for how to breastfeed comfortably and discreetly, even in public
- Ways you can stay close to your baby through breastfeeding if you return to work or school
- Ideas for getting support from your family and friends
- Ways to get a good start with breastfeeding
- Tips for making plenty of breast milk for your baby
- Help with breastfeeding concerns

What does a peer counselor do?



- Listens to you
- Contacts you during your pregnancy to answer questions about breastfeeding
- Answers any breastfeeding questions or concerns you might have after your baby is born.
- Shows you how to get more help from other healthcare professionals, if needed.

*Adapted from "Moms Helping Moms: Meet Your WIC Breastfeeding Peer Counselor"*

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## Art Contest

**Theme:** Breastfeeding: Understanding the Past—Planning for the Future

**Purpose:** Increase public awareness of the benefits of breastfeeding

**Prize:** 1st place-\$100 & 2nd place-\$50

**Guidelines:** 11x14 or 8.5x11—your favorite medium—pen & ink, charcoal, water color, oils, etc

Entries must be hand delivered by 4:00pm June 29th, 2012 to the WIC office in Idaho Falls or Rexburg.

Judges will consider originality, appropriateness for public use and clever use of theme. Art will be displayed at the Idaho Falls Public Library and the Picnic in the Park (Aug 3).

Participants must reside in or go to school within District 7 Health Dept boundaries—not limited to WIC participants.

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